

Acharya Balkrishna

Summary

A great scholar of Ayurveda, Sanskrit language and the Vedas. Chief architect of the visionary planning of Patanjali. Studied Sāṅkhya Yoga, Ayurveda, Sanskrit language, Pāṇini's Aṣṭādhyāyī, Vedas, Upaniṣads and Indian Philosophy and obtained postgraduate (Acharya) degrees in Sanskrit and Yoga.

Explored '*Sanjeevani*', '*Soma*', '*Telia Kand*', '*Swarnakshiri*', '*Swarnadraka*' and four rare & extinct '*Aṣṭavarga Plants*' used as ingredients in the preparation of Chyavanaprasa, an Ayurvedic tonic. As the head of the medical institutions functioning under the aegis of Patanjali Yogpeeth, mainly focused on the Research and Development of Ayurveda to make it successful with the modern Medical Sciences.

Published more than 43 Research Articles in various National and International Journals and got 31 Patents rights. Authored many books on Yoga and Ayurveda and edited many unpublished Ayurveda Scriptures from Manuscripts. One of the scripture '*Aushad Darshan*' has been sold more than 10 million copies. Released First Volume of "**World Herbal Encyclopaedia**" that contains description of highest number of medicinal plant species and world largest collection of medical plants paintings.

Cured Millions of Patients at Brahmakalpa Chikitsalaya of a number of stubborn, chronic and incurable diseases. Founded Divya Pharmacy where Ayurvedic medicines with National and International certifications are being manufactured.

A multi-faceted genius and personality with knowledge and experience in the administrative and managerial fields. His expertise & knowledge is admired by one and all in India and abroad. Famous magazines like '*India Today*' (Nov 2009) and '*Outlook*' (Jan 2010) acknowledges him among the '**Ten Versatile and Dynamic Young Men of India**'. The awesomely impressive look and layout of Patanjali Yogpeeth buildings are living testimony of grand futuristic concepts. World's largest food processing unit '**Patanjali Food and Herbal Park**' is the result of innovative vision.

Positions and Designations

Patanjali University, Haridwar – Vice Chancellor

- Through the University of Patanjali his idea is to create a new era by revolutionizing education and health-care. His idea was to produce such graduates who are self-dependent, capable to generate employment opportunities and can make significant contribution to make India healthy, wealthy and cultured by removing illness, unemployment, poverty, hunger and greed. He aims to make this university a leading institution in the world in the field of Yoga, Health, Culture, Tourism, Science & Technology and Ayurveda. The University presently offers Diploma and Degree courses in Ayurveda, Panchakarma, Yoga, Psychology, Philosophy, Sanskrit, English, Tourism and Travel Management, Physical Education, Hindustani Music and Computer Science. University is also offering Ph.D. in Yoga, Vedic Sciences, Traditional medicine systems, Philosophy, Spirituality, Culture & traditions, World heritage, etc.

Divya Yog Mandir (Trust), Haridwar – General Secretary

- The Trust was founded on 5th January, 1995 with the mission to serve mankind by achieving complete eradication of all the sorrows, physical illness and to generate mental peace, attainment of bliss received from our ancestral sages in the form of Ayurveda, Ashtang Yog, Raj Yog, Dhyan Yog, Hath Yog, Aasan and Pranayam etc. To achieve this aim various units Divya Pharmacy, Divya Prakashan, Divya Yoga Sadhana, Divya Gaushala & Divya Nursery and Ayurvedic College are providing services in his benevolent guidance.

Patanjali Yogpeeth Trust, Haridwar – General Secretary

- The trust was founded with the purpose of establishing Yoga and Ayurveda on the world map. To achieve this aim Ophthalmology department, ENT department, Dental department, Surgery department, Physiotherapy & Acupressure section, Yoga Research and accommodation facilities equipped with latest machines and equipments are providing services. The trust also has a huge library containing literature & Manuscripts on Yoga, Ayurveda and Botany attached with internet surfing centre. Various activities under the trust are: Yog Gram and Acharyakulam.

Patanjali Research Foundation – General Secretary

- Patanjali Research Foundation was established for Research & Development particularly in the field of Yoga and Ayurveda. The aim to establish Research Foundation was to establish scientific and evidence base studies on Yoga and Ayurveda to reestablish the same in modern scientific world. Evaluation of the effect of Yoga and meditation on the physiological functioning of the body is being studied using latest scientific techniques. The institute aims to promote traditional systems of health in management of disease under his guidance.

Patanjali Gramodhyog Trust – General Secretary

- This trust was established under his guidance with the sole aim to eradicate poverty in the villages, promoting women employment in the villages and to improve the standard of living through locally available economic resources such cattle generated resources and herbal farming and organic cultivation practices. The basic aim and objective is to establish gramodhyog was to promote using the rural resources and men power available in the villages and to channelize the traditional knowledge, art and skills in villages to convert the same in a major part of the economy.

Patanjali Ayurved Ltd., Haridwar – Chairman & Managing Director

- The concept for forming this Company was to link the rising destiny of millions of rural masses on the one hand and many more suffering and leading unhealthy urban life style on the other. His main aim was to give maximum benefit to the farmers of the country and to provide Swadeshi product at each and every corner of the country. We the same aim Industrial units equipped with ultra-modern machinery to make the ancient, traditional and classical knowledge of Ayurveda reach the common man in its pure form. The manufacturing units follow the latest

standards of quality like GMP, GLP, GPP, ISO and OHSAS. Here, new researches merge with old traditions. The discoveries made by the ancient sages are being used to produce modern products with new researches; keeping natural taste intact and providing maximum benefits.

Patanjali Bio Research Institute, Haridwar – Managing Director

- The Institute was established with an aim to promote organic farming in India by proactively engaged in acquiring and adopting reliable, efficient and cost effective technologies that lead to a balanced economic growth for the farmers as well as the region. The institute is involved in developing techniques for organic farming through biotechnological applications under his guidance. Implanting Biogas plant at a lesser cost for the benefit of farmers, developing Eco-friendly and farmer friendly Bio-fertilizers.

Yog Sandesh – Chief Editor

- With the aim to disseminate the knowledge of Yoga and Ayurveda a monthly magazine was started. It contains articles on Yoga, Ayurveda, Culture, Refinement and Spirituality. Currently it is published in 14 languages - Hindi, English, Gujarati, Marathi, Bengali, Punjabi, Oriya, Assamese, Tamil, Telugu, Malyalam, Kannada, Nepali and Urdu across the country and distributed in 25 other countries and crossed the monthly readership mark of 1.5 lakh.

Vedic Broadcasting Ltd.– Managing Director

- Vedic Broadcasting limited is also part of his vision. It is a pioneer & leading socio-cultural network in India. Astha & Astha Bhajan Channel is propagating Indian culture and heritage, Health, Ayurveda, Education, Yoga, Values and Morals, Devotional songs, Spiritual meetings, talks, etc. The channels are available globally covering the continents of Asia, Africa, Australia, Europe and North America (USA & Canada), thus, enabling global organizations an opportunity to reach followers and other viewers worldwide.

Patanjali Food and Herbal Park, Padartha, Haridwar – Managing Director

- It is India's first and foremost food park is the result of his vision. It has world class machineries for production of food products that further aimed at establishing direct linkages from the farm to processing and on to the consumer markets, through an efficient network. It produces more than 100 different food and herbal products with a capacity of about 1500 tones of production per day of fruit juices, and other herbal drinks, sherbets, etc. along with other herbal products such as Ayurvedic medicines, edibles, etc.

Awards & Recognitions

- Honored by the **Former President of India Dr. Abdul Kalam** at Rashtrapati Bhavan during a Yoga camp on 23rd October, 2004.
- Honored and shield by the **Academy of Ayurvedic Doctors in India, Kolkatta** for his contribution towards Ayurvedic Medical Science, in July 2006.
- Honored in the presence of **Nepal's Prime Minister, President and the Cabinet Ministers** for his contributions in the field of Yoga, Culture and hidden knowledge of Himalayan herbs in the treatment of millions of patients across the world in October, 2007.
- Honored with “**Nepal Sanskrit Vishvavidhyalaya**” in June, 2008.
- An honor for furthering the values of Yoga and Ayurveda to the citizens of the world for health, happiness and social well-being by ‘**Canada-Indian Network Society (CINS) on Cardio-vascular Health, Canada**’ in June 2010.
- Title of "Vanaushadhipandit" by Agri Horticulture Society of India, Kolkatta in 2010 in association with Dept. of AYUSH, Govt. of India , 2011.
- Honored with “**Spirit and Entrepreneurship Award**” towards humanity by ISOL (Integrating Spirituality and Organizational Leadership) Foundation, 2011.
- Honored with "Sugyanshri" award by Sree Veeranjaneya Foundation, Bangarmakki, Karnataka, (2012) for outstanding contributions in the field of Yoga and Medicinal Plants.
- Honored with “**Manav Ratna**” award by Antarrashtriya Manav Milan Organization, New Delhi (2013) for humanity and social works.
- Honored by ‘**Sanskrit Prasarini Sabha**’, Assam in November, 2013.
- Honored by the Chief Minister of Gujarat and present Prime Minister, Mr. Narendra Modi as an “**Ayurveda Expert**” in an Ayurveda Summit, held in Gujarat on 23rd February, 2014.
- Honored with “**Bharat Gaurav Award**” award by India International Friendship Society, New Delhi for outstanding contribution in the field of Ayurveda on 8th January 2016.
- Honored with Bloomberg “**Special Recognition Award**” to Acharya Balkrishna On 22nd March 2016.

Books Authored and Published

- Divya Aushadiyan, Sugandhit evam Saundarya Karan Paudhe 2004
- Vitality Strengthening Ashtavarga Plants & Ashtavarga Rahasya 2005
- Bhakti Geetanjali 2006
- Sant Darshan 2006
- Aushadh Darshan 2007
- Ayurved – It’s Principles and Philosophies 2007
- Ayurveda Siddhanta Rahasya 2007
- Yog in Synergy with Medical Science & Vigyan ki Kasauti pe Yog 2007
- Secrets of Indian Herbs for Healthy Living and Jadi Buti Rahasya 2008
- International Yoga Festival Souvenir, Idam Yoga 2008
- Bharat ke Adarsh Vyaktitva 2009
- The Four Vedas 2009
- Yoga – Play and Learn (English) & Khel-Khel Me Yoga (Hindi) 2010
- Let us Learn Yoga (English) & Aao Seekhen Yoga (Hindi) 2010

- Vaidic Nitya Karma Vidhi 2010
- Vaidic Veer Garjana 2010
- Secrets of Astavarga Plants & Ashtavarga Rahasya 2012
- A Practical Approach to the Science of Ayurveda 2013
- Ayurveda Siddhanta Rahasya (Hindi) 2013
- Vichar Kranti 2013
- Glossary of World Herbal Encyclopedia 2013
- Publication of Unpublished Ancient Manuscripts and Texts 2014
 - ✓ Ayurveda Mahodadhi (Susheda Nighantu)
 - ✓ Ajeernamritamanjari
 - ✓ Bhojanakutuhalam
 - ✓ Siddhasaar Samhita
 - ✓ Yogshatam
 - ✓ Ashtangahridyam
 - ✓ Ruchivadhu-gal-Ratnamala
 - ✓ Yogshat-Vaidyavallabh
 - ✓ Yogrnatna-Samucchay
- Publication of Books 2015
 - ✓ Danik Yoga Bhyas Karma
 - ✓ Research Publications
 - ✓ Ayurved Sidhant Rahashya (in 10 Languages)
- Publication of Unpublished Ancient Manuscripts and Texts 2016
 - ✓ Raj Nighantu
 - ✓ Madanpal Nighantu
 - ✓ Hridayadeepak Nighantu
 - ✓ Vaidya Satshloki
 - ✓ Sodhal Nighantu
 - ✓ Chandra Nighantu
- Publication of Books 2016
 - ✓ Aahar Rochan
 - ✓ Harmekhala
 - ✓ Yogratan Samuchya
 - ✓ Ayurved Sidhant Rahashya (in 10 Languages)
 - ✓ A Complete Guide For Structural Body Work
 - ✓ Ghrahst Yog Sadhak Ke Gun
 - ✓ Grow With Yoga
 - ✓ Yog Aur Bachpan
 - ✓ Man Ke Man Ke (Poetry)
 - ✓ Chankya Sutra
- Publication of Books 2017

- ✓ World Herbal Encyclopedia volume I
- ✓ The check List of world herbal encyclopedia
- ✓ Vichar Kranti (in 8 Languages)
- ✓ Ayurved Siddhant Rahasya (in 6 Languages)
- ✓ Yoga Samanyagyan
- ✓ Ved Varnit vanaspatiya
- ✓ Yog Vijnanam

World Records:

- The World Record of '**Most Books of an Author Published by a Publication**' has been achieved by **Acharya Balkrishna of Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of '**Concurrent Launching of a book written in Most Languages**' has been achieved by **Acharya Balkrishna ji of Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of '**Most Manuscripts Published by an Individual**' has been achieved by Acharya Balkrishna.
- The World Record of '**Longest Telecasted daily show on Medicinal Use of Herbs**' has been achieved by **Acharya Balkrishna ji** of Patanjali Yogpeeth Trust from Haridwar, Uttarakhand, India.
- The World Record of '**Most Facebook Likes on a Page of Ayurveda & Herbs**' has been achieved by **Acharya Balkrishna ji** of Patanjali Yogpeeth Trust from Haridwar, Uttarakhand, India.
- The World Record of '**Largest Selling Book On Ayurveda**' has been achieved by **Aushad Darshan**.
- The World Record of '**Largest Printed Glossary of Plants**' has been achieved by **Patanjali Yogpeeth Trust from Haridwar, Uttarakhand, India**.
- The World Record of '**First Ayurvedic Museum**' has been achieved by Patanjali Yogpeeth Trust.
- The World Record of '**Largest Collection of Medicinal Plant Paintings**' has been achieved by Patanjali Yogpeeth Trust.
- The World Record of '**Most Medicinal Plants Species in an Herb Garden**' has been achieved by Patanjali Yogpeeth Trust.
- The World Record of '**A Book published in most languages**' has been achieved by **Ayurved Siddhant Rahasya** published by Divya Prakashan, India.
- The World Record of '**Largest Yoga Hall**' has been achieved by Patanjali Yogpeeth Trust.

- The World Record of ‘**Fastest Construction of Rehabilitation Centre for Disaster Victims by NPO**’ has been achieved by Patanjali Yogpeeth Trust.
- The World Record of ‘**Largest Processing of a Medicinal Fruit**’ has been achieved by **Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of ‘**Largest Warehouse of Medicinal Plants**’ has been achieved by **Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of ‘**Most World Record Claims in a Day (Organization)**’ has been achieved by **Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of ‘**Largest Distribution of Medicinal Plants in a Day**’ has been achieved by **Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of ‘**Most People Performing Yoga Simultaneously**’ has been achieved by **Patanjali Yog Samiti** from Haridwar, Uttarakhand, India.
- The World Record of ‘**Most People Performing Kapal Bhati Simultaneously**’ has been achieved by **Yuva Bharat** and **Patanjali Yogpeeth** at Durg-Bhilai, Chhattisgarh, India.
- The World Record of ‘**Most People Performing Surya Namaskar Yoga Simultaneously**’ has been achieved by **Yuva Bharat** and **Patanjali Yogpeeth** at Durg-Bhilai, Chhattisgarh, India.
- The World Record of ‘**Most People Performing Sarvangasana Yoga simultaneously**’ has been achieved by **Yuva Bharat** and **Patanjali Yogpeeth** at Durg-Bhilai, Chhattisgarh, India.
- The World Record of ‘**Most People Performing Push-ups Simultaneously**’ has been achieved by **Yuva Bharat** and **Patanjali Yogpeeth** at Durg-Bhilai, Chhattisgarh, India.
- The World Record ‘**Most People Performing Anulom Vilom Simultaneously**’ has been achieved by **Yuva Bharat** and **Patanjali Yogpeeth** at Durg-Bhilai, Chhattisgarh, India.
- The World Record of ‘**Most People Performing Halasana Yoga Simultaneously**’ has been achieved by Yuva Bharat and Patanjali Yogpeeth at **Durg-Bhilai, Chhattisgarh, India**.
- The World Record of ‘**Largest Residential Naturopathy Centre**’ has been achieved by **Yog Gram of Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.
- The World Record of ‘**Largest Metallic Art Piece of Tree Steam**’ has been achieved by **Patanjali Yogpeeth Trust** from Haridwar, Uttarakhand, India.

Research Publications

Acharya Balkrishna has several research papers published in his name in several National and International journals and magazines as an author and co-author.

1. **Balkrishna, A.,** Bharatwaj, A. K., Tandan N., & Kumar, Y. (2014). Human gut Micro biota of Obese and lean individual. *International Journal of Current Trends in Pharmaceutical Research*, 2(5), 575-578.

2. Telles, S., Sharma, S. K., Yadav, A., Singh, N., & **Balkrishna, A.** (2014). Immediate changes in muscle strength and motor speed following yoga breathing. *Indian Journal of Physiology and Pharmacology*, 58(1), 22-29.
3. Telles, S., Singh, N., & **Balkrishna, A.** (2014). Role of respiration in mind-body practices: concepts from contemporary science and traditional yoga texts. *Frontiers in psychiatry*, 2014, doi: 10.3389/fpsy.2014.00167 Retrieved from <http://dx.doi.org/10.3389/fpsy.2014.00167>.
4. Telles, S., Sharma, S. K., & **Balkrishna, A.** (2014). Blood Pressure and Heart Rate Variability during Yoga-Based Alternate Nostril Breathing Practice and Breath Awareness. *Medical science monitor basic research*, 20, 184-193.
5. Telles, S., Pathak, S., Singh, N., & **Balkrishna, A.** (2014). Research on Traditional Medicine: What Has Been Done, the Difficulties, and Possible Solutions. *Evidence-Based Complementary and Alternative Medicine*, 2014, doi: 10.1155/2014/495635 Retrieved from <http://dx.doi.org/10.1155/2014/495635>.
6. Telles, S., Sharma, S., Yadav, A., Singh, N., & **Balkrishna, A.** (2014). A comparative controlled trial comparing the effects of yoga and walking for overweight and obese adults. *Medical Science Monitor*, 20, 894-904.
7. Kumar, A. M., **Balkrishna, A.**, Singh, S., & Gowda, G. P. (2014). Consciousness – Brain Gene Behavioral Psychology by Using Quantum Dots for DNA Sequences and for a Single DNA Sequence. *NeuroQuantology: An Interdisciplinary Journal of Neuroscience and Quantum Physics*, 12(2), 313- 323.
8. Telles, S., Singh, N., Bhardwaj, A., Kumar, A., & **Balkrishna, A.** (2013). Effect of yoga or physical exercise on physical, cognitive and emotional measures in children: a randomized controlled trial. *Child and Adolescent Psychiatry and Mental Health*, 7, doi: 10.1186/1753-2000-7-37 Retrieved from <http://www.capmh.com/content/7/1/37>.
9. Telles, S., Yadav, A., Gupta, R. K., & **Balkrishna, A.** (2013). Reaction time following yoga bellows type breathing and breath awareness. *Perceptual and Motor Skills*, 117(1), 89-98.
10. Telles, S., Yadav, A., Sharma, S., & **Balkrishna, A.** (2013). Body fat, cholesterol, triglycerides, and adipokines as predictors of waist circumference in overweight and obese adults *Medical Science Monitor*, 19, 740-741.
11. Telles, S., Yadav, A., Kumar, N., Sharma, S., Naveen, K. V., & **Balkrishna, A.** (2013). Blood pressure and Purdue pegboard scores in hypertensives after alternate nostril breathing, breath awareness, and no intervention. *Medical Science Monitor*, 19, 61-66.
12. Kumar, A. M., Revathy, K., **Balkrishna, A.**, & Gowda, G. P. (2013). Human Consciousness: A Theoretical Prospective on Repetitive DNA Base Pairs Relation to Psychological Behavior. *NeuroQuantology: An Interdisciplinary Journal of Neuroscience and Quantum Physics*, 11(4), 618-626.
13. **Balkrishna, A.**, Srivastava, A., Mishra, R. K., Patel, S. P., Vashistha, R. K., Singh, A., ... Saxena, P. (2012). Astavarga plants – threatened medicinal herbs of the North-West Himalaya. *International Journal of Medicinal and Aromatic Plants*, 2(4), 661-676.
14. Telles, S., Bhardwaj, A., Kumar, S., Kumar, N., & **Balkrishna, A.** (2012). Performance in a substitution task and state anxiety following yoga in army recruits. *Psychological Reports*, 110(3), 963-976.
15. Telles, S., Singh, N., Gupta, R. K. & **Balkrishna, A.** (2012). Optical topography recording of cortical activity during high frequency yoga breathing and breath awareness. *Medical Science Monitor*, 18(1), LET3-4.
16. Telles, S., Singh, N., & **Balkrishna, A.** (2012). Managing mental health disorders resulting from trauma through yoga: a review. *Depression Research and Treatment*. 2012, doi: 10.1155/2012/401513 Retrieved from <http://www.hindawi.com/journals/drt/2012/401513/>.
17. Telles, S., Singh, N., Yadav, A., & **Balkrishna, A.** (2012). Effect of yoga on different aspects of mental health. *Indian Journal of Physiology and Pharmacology*, 56(3), 245-254.

18. Bhandari, R. B., Bhandari, C. B., **Balkrishna, A.**, Pandya, P., Singh, K., Katiyar, V. K., & Sharma, G. D. (2012). Implications of Corporate Yoga: A Review (635-662). Naik, G. R. (Ed). *Applied Biological Engineering - Principles and Practice*. Rijeka, Croatia: InTech Publishers.
19. Telles, S., Singh, N., & **Balkrishna, A.** (2011). Finger dexterity and visual discrimination following two yoga breathing practices. *International Journal of Yoga*, 5(1), 37-41.
20. Telles, S., Gaur, V., Sharma, S., & **Balkrishna, A.** (2011). Attitude of conventional and CAM physicians towards CAM in India. *Journal of Alternative and Complementary Medicine*, 17(11), 1069-1073.
21. Telles, S., Naveen, K.V., Kumar, N., & **Balkrishna, A.** (2011). The effect of yoga on neuroticism in an Indian population varies with sociodemographic factors. *Journal of Cultural Diversity*, 19(4), 118-123.
22. Telles, S., **Balkrishna, A.**, & Maharana, K. (2011). Effect of Yoga and Ayurveda on Duchenne Muscular Dystrophy. *Indian Journal of Palliative care*, 17(2), 169-170.
23. Telles, S., Maharana, K., Balrana, B., & **Balkrishna, A.** (2011). Effects of high frequency yoga breathing called kapalabhati compared with breath awareness on the degree of optical illusion perceived. *Perceptual and Motor Skills*, 112(3), 981-990.
24. Telles, S., Naveen KV, Gaur, V., & **Balkrishna, A.** (2011). Effect of one week of yoga on function and severity in rheumatoid arthritis. *Biomed Central Research Notes*, 4(4), 118.
25. Telles, S., Singh, N., & **Balkrishna, A.** (2011). Heart rate variability changes during high frequency yoga breathing and breath awareness. *Biopsychosocial Medicine*, 5(4), doi: 10.1186/1751-0759-5-4.
26. Bhandari, R. B., **Balkrishna, A.**, & Datt, S. G. (2011). Yogic prescriptions for corporate wellness and excellence. *Sociology Study*, 1(3), 230-240.
27. **Balkrishna, A.**, Upadhyay, A. K., Upadhyay, R. T., & Kumar, A. (2010). Effect of Pranayama (voluntary regulated breathing) and Yogasana (yoga postures) on lipid profile in normal healthy junior footballers. *International Journal of Yoga*, 3(2), 70.
28. Telles, S., Naveen, K.V., & **Balkrishna, A.** (2010). Meditation and attention: a comment on a recent article. *Perceptual and Motor Skills*, 111(3), 1-3.
29. Telles, S., & **Balkrishna, A.** (2010). Yoga and diet change influence renal functions in the obese. *Medical Science Monitor*, 16(10), LE15-15.
30. Telles, S., Singh, N., Joshi, M., & **Balkrishna, A.** (2010). Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study. *Biomed Central Psychiatry*, 10(1), doi: 10.1186/1471-244X-10-18 Retrieved from <http://www.biomedcentral.com/1471-244X/10/18>.
31. Telles, S., Naveen, V. K., & **Balkrishna, A.** (2010). Serum leptin, cholesterol and blood glucose levels in diabetics following a yoga and diet change program. *Medical Science Monitor*, 16(3), LE4-5.
32. Telles, S., Naveen, K.V., **Balkrishna, A.**, & Kumar, S. (2010). Short term health impact of a yoga and diet change program on obesity. *Medical Science Monitor*, 16(1), CR35-40.
33. Bhandari R. B., **Balkrishna, A.**, & Katiyar V. K. (2010). Corporate Yoga and Its Implications (290-293). Lim, C. T., & Goh J. C. H. (Eds.) *6th World Congress of Biomechanics (WCB 2010)*, New York, USA: Springer Publication.
34. Telles, S., Gaur, V., & **Balkrishna, A.** (2009). Effect of a yoga practice session and a yoga theory session on state anxiety. *Psychological Reports*, 109(3), 924-930.
35. Telles, S., Naveen, K.V., & **Balkrishna, A.** (2009). Use of Ayurveda in promoting dental health and preventing dental caries. *Indian Journal of Dental Research*, 20(2), 246.
36. Kumar, A., Gaurav, S. S., & **Balkrishna, A.** (2009). Detection of oxidation preventive proteins in the practitioners of Pranayama. *Journal of Pharmacy Research*, 2(2), 268-272.

37. Kumar, A., Gaurav, S. S., & **Balkrishna, A.** (2009). Molecular Characterization of Ashwagandha (*Withania somnifera*). *Annals of Horticulture*, 2(1), 98-100.
38. Kumar, A., & **Balkrishna, A.** (2009). To study the effect of the sequence of seven pranayama by Swami Ramdev on gene expression in leukemia patients and rapid interpretation of gene expression. *Journal of Clinical Pathology (British Medical Journal)*, 62(11), 1052-1053.
39. Kumar, A., Gaurav, S. S., Sirohi S. P. S., & **Balkrishna, A.** (2008). A rapid and simple scheme for the standardization of polyherbal drugs. *International Journal of Green Pharmacy*, 3(2), 134-140.
40. Upadhyay, A. K., **Balkrishna, A.**, & Upadhyay, R. T. (2008). Effect of Pranayama [Voluntary Regulated Yoga Breathing] and Yogasana [Yoga Postures] in Diabetes Mellitus (DM): A Scientific Review. *Journal of Complementary and Integrative Medicine*, 5(1), DOI: 10.2202/1553-3840.1114.